

Barbara T. Marshall

TV Cooking Demo

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Roasted Red-Pepper and Walnut Dip

Makes 10-12 servings

3 red bell peppers (about 1 pound)
1 six inch pita bread (2 ounces)
1 small garlic clove
3/4 cup toasted walnut pieces (4 ounces), plus more for garnish
1 tablespoon balsamic vinegar
1 tablespoon freshly squeezed lemon juice
2 teaspoons extra-virgin olive oil, plus more for drizzling
3/4 teaspoon coarse salt
Freshly ground black pepper

Roast peppers over a gas burner or under the broiler until blackened all over, turning with tongs as each side is blistered. Transfer to a bowl and cover with plastic wrap; let stand about 15 minutes. Peel and discard skins, stems and seeds. Set peppers aside.

Toast pit bread until crisp and golden. Break into 2 inch pieces; place in a bowl, and cover with water. Soak until soft, about 10 minutes. Transfer to a sieve, drain well, pressing out excess water.

Combine garlic and walnuts in a food processor; process until fine crumbs form about 10 seconds. Add paprika, cumin and reserved peppers and pita bread; process until smooth about 10 seconds. Add vinegar, lemon juice, oil and salt; season with black pepper. Pulse to combine.

Transfer to a serving bowl; cover with plastic wrap. Refrigerate at least 1 hour or overnight. Before serving, bring to room temperature. Drizzle with oil; garnish with walnuts and paprika.

Green Olive and Artichoke Tapenade

Makes about 3 cups

5 artichokes (14-ounce can, drained)
1 cup toasted walnuts, chopped
1 cup pitted green or Spanish olives
1 garlic clove, pressed or minced
to 3 tablespoons chopped fresh parsley
1 teaspoon freshly grated lemon peel (optional)
3 to 4 teaspoon fresh lemon juice
1/3 cup extra virgin olive oil
Cracked or ground black pepper to taste

In the bowl of a food processor, whirl the artichoke hearts, walnuts, olives, garlic, parsley and lemon peel if using, for a few seconds until everything is uniformly minced. Scrape down the sides if necessary, add the lemon juice and olive oil and process for a few more seconds until the mixture forms a rough paste (not a smooth puree, but a cohesive paste). Season with pepper to taste.

tapenade is best served at room temperature and can be stored, covered and refrigerated for up to a week.

Asparagus and Grapefruit Salad

Yield: 4 servings

8 asparagus spears
1 grapefruit, made into supreme's, reserve juice
1 tablespoon olive oil
1 teaspoon shallots, minced
1 tablespoon chipped tarragon
¼ cup olive oil
Zest from grapefruit
Juice from grapefruit
½ tablespoon honey or agave
Salt & pepper to taste

Preheat oven to 400F. Place trimmed asparagus spears on baking sheet. Drizzle with olive oil. Sprinkle salt & fresh ground pepper over. Place in oven for 10 minutes or until crisp tender. Set aside to cool.

In a medium bowl, place zest, shallots, juice of grapefruit, honey or agave. Add olive oil slowly while whisking. Add tarragon, salt & pepper to taste.

Arrange reserved asparagus, grapefruit sections (supreme's) on platter. Drizzle with vinaigrette.

About

Chic Le Chef

ChicLeChef provides a variety of culinary services including specialized catering, culinary consulting, tours and culinary classes. Services are customized to your needs or offered as classes with other "foodies". Culinary classes are a growing trend of learning about food and techniques; socializing with others who feel the same about food as you do and just a way to de-stress your busy life.

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